

Lectio Divina & ARRR

Let these four steps weave in and out of your time of reading. They may not follow in direct sequence. The Holy Spirit is the teacher of your prayer.

Lectio

READ a passage slowly. Pause when you feel your attention drawn to a word, phrase or thought.

Meditatio

Acknowledge
PONDER this passage and what it means for you. Use your imagination and engage your spiritual senses. Pay attention to, acknowledge, the thoughts, feelings, desires that accompany the detail that has arrested your attention. What truth strikes you from the passage/ what jumps out at you? What does it say to you? Notice any images that come to mind, or any memories that are stirred. Pay attention to what arrests your attention.

Oratio

Relate
PRAYER. Talk with God about the passage and your reflection. What thoughts, feelings and desires stir in your heart as you focus on what has arrested your attention? Share these thoughts, feelings and desires with Jesus, with the Father, etc. What do you want to say to God? Do questions arise in your heart? Ask them of God. What are you drawn to? What bothers you? Tell all about it. Use direct address, be honest, don't filter.

Contemplatio

Receive
When moved by God, REST in the quiet presence of God; surrender to grace. Where does your heart rest? If you experience His Love, if there is a movement of peace, joy or gratitude let yourself rest there. Is there a clarity, wonder or amazement? Let it soak in. Be still, quiet, savor God with you in His Word. Make clear that this moment (contemplatio) is a gift to be received. When ready, return to your reading.

It is not necessary to anxiously assess the quality of one's lectio divina as if one were "performing" or seeking some goal: lectio divina has no goal other than that of being in the presence of God by praying with the Scripture.